

# Border Eagle

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Laughlin Air Force Base, Texas

Aug. 6, 2004

## Laughlin welcomes new wing commander

By Senior Airman  
Timothy J. Stein  
Editor

Col. Tod Wolters assumed command of the 47<sup>th</sup> Flying Training Wing July 30 in a change-of-command ceremony in Hangar 4.

Colonel Wolters took command from Col. Dan Woodward, who departed Laughlin for the Pentagon, Washington D.C., where he will serve as the Director of Forces Division, Force Structure, Resources and Assessment Directorate, Joint Staff.

Maj. Gen. Edward Ellis, 19<sup>th</sup> Air Force commander, who presided over the change of command, said Colonel Wolters is the perfect person to take over command.

"He has absolutely an outstanding record during his 22 years of service," Maj. Gen. Ellis said.

"We have given another great officer the opportunity to command a prestigious unit such as the 47<sup>th</sup> FTW. If you wanted role models, if you wanted officers that you could grow up to be like... You couldn't have two finer leaders sitting here on the stage." Maj. Gen. Ellis added.

He said Col. Wolters is now responsible for taking care of resources, Laughlin members and the community.

In addition he said, "Just as we need to have the best people serving in the leadership roles, we also need to have the best people working for



Photo by Capt. Paula Kurtz

Maj. Gen. Edward Ellis hands the guidon and the leadership of the 47<sup>th</sup> Flying Training Wing to Col. Tod Wolters during a change-of-command ceremony here July 30 in Hangar 4.

them."

General Ellis told the audience, comprised of Airmen, civil service workers and citizens of Del Rio, that under Colonel Wolters command, Laughlin would continue to excel and foster the relationship that exists be-

tween the base and community.

In his speech following the change of command, Col. Wolters said he is looking forward to working with every member of Team XL and the local

See 'Laughlin,' page 6

## GeoBase gives photographic desktop tour of Laughlin

By Airman 1st Class  
Olufemi A. Owolabi  
Staff writer

Through an Air Force-wide philosophy of "One installation, one map," a tour of Laughlin is now available to base members using a point-and-click photographic map on Laughlin's home webpage.

The 47<sup>th</sup> Civil Engineer Squadron recently incorporated, via an nonclassified Internet Protocol Router network, a digital, high-quality and high-resolution imagery and mapping system, called GeoBase, into the Laughlin homepage. With GeoBase, which contains a reference map known as common installation picture, base members can visualize key physical features,

functional assets and infrastructure on base such as buildings, roads, cable plant, runways and taxiways among others.

GeoBase service is made available using geographic information systems and various software applications to maintain and sustain an installation map that delivers real-time informa-

See 'GeoBase,' page 4

## Newslines

### Wing commander's call

A mandatory wing commander's call is scheduled for Tuesday in the Anderson Hall auditorium. Commander's call hours are: 7 a.m., 2 p.m. and 3:30 p.m.

### Change of command

The 87<sup>th</sup> Flying Training Squadron will hold a change of command at 8 a.m. Wednesday on the flightline in front of building 320.

### MSS closure

All offices in the mission support squadron, except the customer service counter, will be closed at 3 p.m. today for commander's call.

For details, call 298-5075.

### Undergraduate classes

Southwest Texas Junior College and Park University are offering Fall registration for undergraduate degree classes in August.

For more information, call 298-5520.

### Pass and ID hours

Due to manning issues the 47<sup>th</sup> Security Forces Squadron Pass and ID office hours will change beginning Monday through Aug. 27. New hours will be 9:30 a.m. to noon to 1 to 4 p.m.

### Deployment stats

Deployed: 29  
Returning in 30 days: 3  
Deploying in 30 days: 38

### Mission status (As of Wednesday)

#### Days behind or ahead:

T-37, -12.29	T-1, 1.79
T-38, -0.52	T-6, -9.79

#### Mission capable rate:

T-37, 80.0%	T-1, 75.4%
T-38, 72.4%	T-6, 82.8%

# Powell's '13 Rules to Live By' promote positive approach, attitude



## Commander's Corner

By Col. Tod Wolters  
47th Flying Training Wing  
commander

Thank you all for the wonderful welcome to Team XL ... we are honored to serve!

As mentioned in my change of command remarks, I often marvel at the sacrifices of our fallen comrades. One such hero was Ruppert Sargent. First Lt. Ruppert Sargent, serving as platoon leader on patrol in the Hau Nghia Province, Republic of Vietnam, paid the ultimate price March 15, 1967. Sargent was conducting a reconnaissance run on a suspected Viet Cong weapons cache and discovered a "booby trapped" tunnel.

As Sargent maneuvered toward the tunnel entrance a Viet Cong emerged and threw two hand grenades that landed in the midst of the group. Sargent fired three shots at the enemy then turned and without hesitation threw himself over the two grenades. Sargent was mortally wounded and his selfless heroic act saved the lives of fellow soldiers.

I had the extraordinary fortune to meet Ruppert's family and friends in 2004 and one theme permeated from all of those who spoke of Sargent – Ruppert was a soldiers' soldier who truly understood the fundamentals of life.

We all face challenges, none more dire than those mentioned in the spring of 1967. At Laughlin, our days contain numerous tasks and demanding deadlines. The prioritization and execution of these "issues" can foster a confusing or complex environment. If every member of

"At Laughlin, our days contain numerous tasks and demanding deadlines. The prioritization and execution of these "issues" can foster a confusing or complex environment. If every member of Team XL embraced some form of the fundamentals, I contest our problems would appear as challenges and our critics would categorize all of us a soldiers' soldier."

Team XL embraced some form of the fundamentals, I contest our problems would appear as challenges and our critics would categorize all of us a soldiers' soldier. We owe it to Ruppert Sargent.

Current U.S. Secretary of State Colin Powell published "13 Rules to Live By" during his ascent to Chairman of the Joint Chiefs of Staff. I first read these rules in the spring of 1995 and often find myself conducting a re-view during trying times or when contemplating the challenges fellow service members faced during life threatening scenarios.

Here's an Airmen's interpretation of Powell's "13 Rules to Live By."

- It isn't as bad as you think; it will look better in the morning - failure will look far less life threatening following a good night's sleep
- Get mad, then get over it – anger consistently clouds good judgment
- Avoid having your ego so close to your position that when your position falls, your ego goes with it – the day you retire from the Air Force nobody will care if you were a numbered Air Force commander or a first sergeant,

they just want to know if you enjoyed serving your country

■ It can be done – get positive and you will be amazed at what you can accomplish

■ Be careful what you choose, you may get it – pay close attention to detail when decision making

■ Don't let adverse facts stand in the way of a good decision – don't get tunnel vision on the bad data when attempting to rectify the wrong

■ Check small things – attention to detail, every detail, will tell the full story

■ Share credit – if it went well, they did it; if it went bad, it was my fault

■ You can't make someone else's choices, you shouldn't let someone else make yours – focus on what you have control over not on what you can't control

■ Remain calm, be kind – you think a lot clearer when emotion is divorced from the decision. Have a vision, be demanding – tell folks what you want and challenge them to achieve perfection, they will be honored you did

■ Don't take counsel of your fears or naysayers – set your goals, get the facts, build your plan and execute

■ Perpetual optimism is a force multiplier – Wolters' favorite rule – a positive approach to any challenge will attract a crowd of winners.

Chaos and confusion are a way of life in today's complex military environment. We can best honor those who have fallen before us by living our lives in the most admirable fashion possible. When times get tough and you find yourself in the "bogged down" mode, remember how a great man like Ruppert Sargent lived his life. Heed the sage advice of General Powell and soon you will be back on track! It is an honor to serve at Laughlin.

## Border Eagle

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### Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. Copy deadline is close of business each Thursday the week prior to publication.

Submissions can be e-mailed to: [timothy.stein@laughlin.af.mil](mailto:timothy.stein@laughlin.af.mil) or [sheila.johnston@laughlin.af.mil](mailto:sheila.johnston@laughlin.af.mil).



# Unity, freedom lie in diversity

By Lt. Col. Mark Mattison  
87th Flying Training Squadron  
commander

With the current presidential campaign in full swing, I often hear television pundits mention that our nation is "hopelessly divided." Many television analysts stress how divided the nation is and how hopeless our current situation has become. I don't buy it. I freely admit I am an eternal optimist, but this nation is stronger than ever. There was a time when this nation was hopelessly divided, so divided in fact that we went to war against ourselves. Gettysburg is a classic example of a time when our nation was hopelessly divided.

The battle at Gettysburg stands as the ultimate testament of the tragedy that was our civil war. Over 50,000 Americans were killed, wounded or missing in the battle at Gettysburg. Both commanding generals, Lee for the South and Meade for the North, offered their resignations in the aftermath of Gettysburg. It took months to properly bury the dead. Think about that... months with soldiers' bodies laying on the

battlefield. The cemetery at Gettysburg is a stark reminder of how divided this nation was during the Civil War and the painful results of a divided nation. President Lincoln's historic remarks, in his famous dedication at Gettysburg, bring home the importance of keeping this very special country united, marching forward together. He finished his dedication of the cemetery with these words:

It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us — that from these honored dead we take increased devotion to that cause for which they gave the full measure of devotion — that we here highly resolve that these dead shall not have died in vain — that this nation, under God, shall have a new birth of freedom — and that government of the people, by the people, for the people, shall not perish from the earth.

President Lincoln had it right. We must be dedicated to making sure this very special nation, with

its government of the people by the people and for the people, "shall not perish from the earth." It is no problem that we are passionate and divided in our presidential politics. In fact, it is inevitable. We are a nation made up of people with: differing backgrounds, differing cultures, differing religions and different skin colors.

Can we possibly survive with so many differences? America was founded on a cornerstone of one "great ideal." The "great ideal" is that our many cultures, religions and skin colors can come together to create one great nation. Has this happened? Our history is checkered with low points like slavery, sweatshops, burning crosses and denying women the right to vote. Can a nation filled with refugees from other countries, filled with people of different, even warring, religions and cultures live side-by-side? Are we hopelessly divided or will the "great ideal" come true?

The answer to all of these questions is an unqualified yes. We are and will continue to be a great nation. Why? We may be a mongrel nation, but we are held

together by the notion that all men are created equal. We may be overly willing to complain about the newest or latest group of immigrants but we also take pride in our national trait of tolerance. Americans take pride in overcoming the impossible. Whether we are walking on the moon or beating the Russians in hockey, we delight in proving anything is possible. Our ability to come together as a nation was never more evident than after 9/11. After 9/11 we didn't talk about making everyone speak English in school. Discussions about the Supreme Court deciding the 2000 election disappeared. We came together as a nation to mourn those who died. Our concern was for those who lost family members in the WTC buildings. The true compassion of all Americans came screaming to the surface. We not only cared, we were angry. We were angry that a group of terrorists made an attempt to intimidate us. They were threatening the very freedoms that make America great. The rest of the story is still being written.

see Unity, page 4



**Actionline**  
298-5351 or

[actionline@laughlin.af.mil](mailto:actionline@laughlin.af.mil)

**Col. Tod Wolters**  
47th Flying Training Wing commander

This column is one way to work through problems that haven't been solved through normal channels. By

including your name and phone number, you are assured of a timely personal reply. It's also useful if more information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate.

Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. Please keep e-mails brief.

If your question relates to the gen-

eral interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

<b>AAFES</b>	298-3176
<b>Finance</b>	298-5204
<b>Civil Engineer</b>	298-5252
<b>Civilian Personnel</b>	298-5299

<b>Clinic</b>	298-6311
<b>Commissary</b>	298-5815
<b>Dormitory manager</b>	298-5213
<b>EEO</b>	298-5879
<b>FWA hotline</b>	298-4170
<b>Housing</b>	298-5904
<b>Information line</b>	298-5201
<b>Legal</b>	298-5172
<b>MEO</b>	298-5400
<b>Military Personnel</b>	298-5073
<b>Public Affairs</b>	298-5988
<b>Security Forces</b>	298-5900
<b>Services</b>	298-5810

## Customer service

**M**essage: Recently, I retired from the Air Force, and as anyone knows, the process of leaving a base can often times be challenging; even more so for a separation or retirement.

I would like everyone to know,

however, what a pleasure it was to experience support personnel who care about their jobs and their customers. I have never had the service or the attention that I received at Laughlin at any other time during my 27 year Air Force career; and not just from one or two organizations, but every organization that I dealt with during my outpro-

cessing.

I would especially like to thank Lt. Sara Birnbaum for her personal attention and assistance, and for making the entire process run smoothly.

The 47th Flying Training Wing should be proud of its members and I salute you all for a job extremely well done.

**R**esponse: Thank you for the positive feedback. This is simply one example of the teamwork and customer service Team XL members provide every day. Our people are our greatest resource, and they don't hear "thank you" often enough. I appreciate positive comments. Fantastic job Team XL!

## GeoBase, from page 1

tion to commanders and Airmen.

"Basically, GeoBase is a term for using various software applications to convert hardcopies of our base map to digital format and aerial photography," said Tino Gomez, a 47th CES computer assistance and GeoBase manager.

According to him, the 47th CES has traditionally been responsible for maintaining hardcopies of the base map to support garrison planning, operations and sustainment. With the GeoBase system, other organizations and individuals on base, like the security forces and communications squadron, will have easy and immediate access to the accurate maps via the base intranet.

Furthermore, he said GeoBase will add to the overall effectiveness of these organizations by providing them with visual and analytical tools for successful mission accomplishments. For instance, during an incident on base, security forces could use the visual imagery of GeoBase to rapidly establish an accurate stand-off perimeter from a specific location, and establish entry control points to route traffic away from the area.

Likewise, the 47th Communications Squadron could use GeoBase to track telephone lines or fiber locations.

"The GeoBase system will make it easier for commanders to communicate quickly and effectively with base members," Mr. Gomez said.



Courtesy photo

Laughlin's GeoBase shows a high-resolution image of the base. GeoBase, available on Laughlin homepage, replaces a hard-copy map of the base.

Last year, Air Education and Training Command headquarters initiated Laughlin's GeoBase project and the 47th CES started collecting and updating data with the Science Applications International Corporation, in Florida, to create the initial dataset for the common installation picture. In August 2003, SAIC completed a light radar survey and aerial photography here, he said.

Also, since balanced attention to both technology and sustainment processes are prerequisites for GeoBase success, the project requires civil engineering personnel to have a much broader knowledge of comprehensive implementation strategy and infusion of new geospatial information management practice and principles.

To meet this requirement, AETC gave Laughlin \$47,000 in Trimble Global Positioning System surveying equipment. In March, three civil engineering squadron personnel, Mr. Tino Gomez, Airmen 1st Class Darius Jones and Chae Pak, were trained on GIS software and in April, the Airmen were also trained in global positioning surveying.

"This equipment will allow us to build up a database for Laughlin from the corners of one building to a sprinkler head in the middle of a grassy field," said Airman Pak. "It is very efficient, time saving and accurate. In addition, the data storage has a bigger capacity than pages and pages of note paper."

"In terms of speed and accuracy,



Photo by Airman 1st Class Olufemi A. Owolabi

Left to right: Airman 1st Class Darius Jones, Senior Airman Christian Dellos-reyes, Staff Sgt. Sean Flansbaum, Airman 1st Class Chae Pak and Airman Chul Kim, of 47th Civil Engineer Squadron, hook up the new Trimble Global Positioning System surveying equipment. This GPS surveying is made up of a radio receiver, Trimble survey controller and a GPS receiver.

using this equipment is like comparing the difference between using a manual typewriter to computers with Microsoft word," said Staff Sgt. Sean Flansbaum, 47th CES engineer technicians NCO in charge.

Airman Pak said GeoBase will allow base members to accurately pinpoint a spot they need to know or a distance from one area to another right from the comfort of a computer in their office.

According to Airman Jones, 47th CES engineer technician, "The equipment is helpful in every imaginable way. For instance, if there is a plane-crash or other mishap, we can accomplish a survey with less time and better accuracy. The accuracy of this equipment is any surveyor's dream, and the GeoBase project is a big step in the right direction."

Due to the dynamic nature of people and infrastructures, like demolition and erection of buildings, additions of new street addresses and other changes, Mr. Gomez said the GeoBase

project is a continuous project. "We'll always be adding and editing, modifying and deleting things. In the future, one will be able to see bike routes and jogging trails and other new facilities as soon as they are built and incorporated using GeoBase."

In addition, he said GeoBase will incorporate regional information and data, such as digital maps of streets, highways, lakes and other recreational facilities in the local community.

"We need to have all these in case of emergency responses so that the leadership will be able to see, communicate and plan with response teams effectively," Mr. Gomez said.

He urged all base members to acquaint themselves with the GeoBase link on Laughlin's homepage since it is a tour of Laughlin without leaving the office. The link also contains guides for first-time users.

For more information, visit <https://home.laughlin.af.mil> and click on GeoBase link or contact the GeoBase manager at 298-5025.

## Unity, from page 3

We may be divided when we vote for a President. We may be divided on religion. We are definitely divided on where and when to use our preeminent

status as the world's only superpower. But, if you want to see Americans united, threaten the freedom which every American holds dear: the freedom to choose their religion without the interference of government, the

freedom to vote however we please, the freedom to say and write what we think. We may be divided and passionate about our politics, but we unite behind the belief written first in the Declaration of Independence and used

later to introduce President Lincoln's Gettysburg address — the belief that all men are created equal. As long as we hold firm to the notion that all men are created equal, we will not be divided. We will be united and free.



## Airmen treating wounded in Iraq highlighted on AFTV News

SAN ANTONIO — The Air Force's contribution to treating the wounded in Iraq is featured in the latest edition of Air Force Television News.

AFTV News plays at 10 a.m. and 6 p.m. Monday through Friday on the Laughlin commander's access channel, base cable channel 34.

Tech. Sgt. Pachari Lutke visits Balad Air Base, Iraq, where Air Force and Army doctors, nurses and medical technicians work side by side to deal with battle casualties. For many of the wounded, the hospital is their first stop before being medically evacuated to Germany or the United States.

Tech. Sgt. Joy Josephson visits Robins Air Force Base, Ga., and

reports on one phase of a C-5A Galaxy study that found the venerable Air Force workhorse has another 40 years of life in the service's inventory if recommended upgrades are initiated.

Staff Sgt. Michael Noel goes to Edwards AFB, Calif., to report progress on the Airborne Laser System, a Star Wars-like laser beam designed to shoot down enemy missiles shortly after they are launched.

Staff Sgt. Leigh Bellinger illustrates the continuing trend of civilians filling jobs historically done by Airmen. He goes to the flightline at Columbus AFB, Miss., to show how the Air Force uses civilians to free up Airmen for work in more critical areas.

Tech. Sgt. Shiela Flinders shows how the rescue coordination center at Langley AFB, Va., plays a vital role in a new program using locator beacons to find lost hunters and hikers.

Sergeant Lutke covers the powerful first-person story of a young Airman who was raped while on her way to a deployment, and how a Sexual Assault Working Group at Robins AFB is helping her put her shattered life back together.

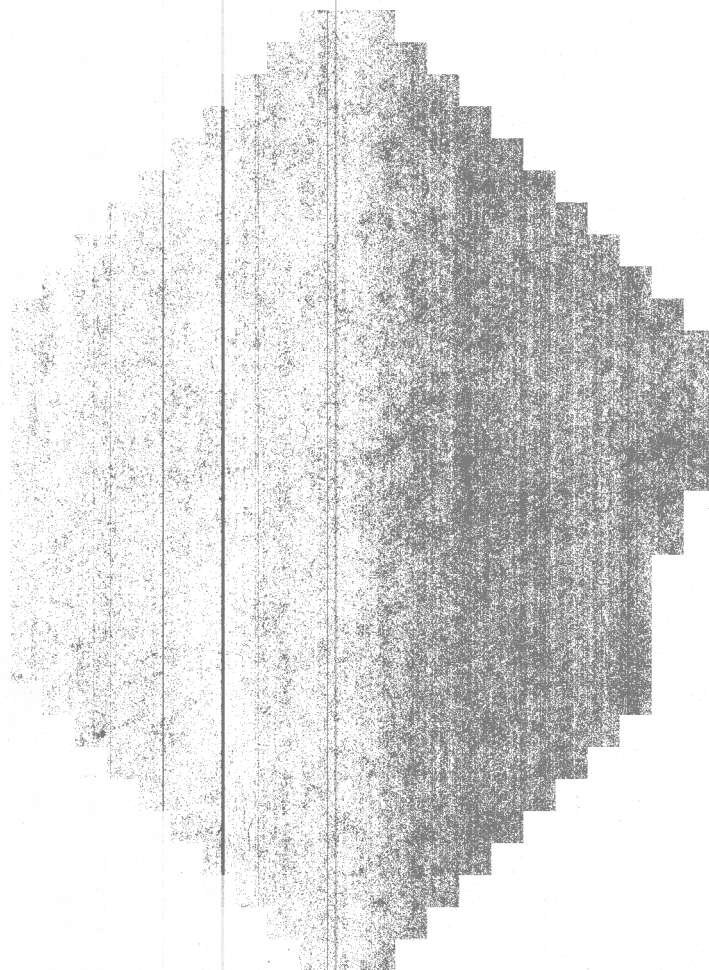
Staff Sgt. Mike Tateishi reports from the Air Force Academy on a required class for cadets that also benefits Native Americans.

Tech. Sgt. Bill Scherer found a retired pilot at Pope AFB, N.C., who has swapped his radio chatter in the sky for radio chatter in his home. He

is a collector of antique radios and has restored hundreds for his collection.

Air Force Television News is a biweekly production of Air Force News Service. It is distributed on videotape to more than 3,400 military and civilian outlets worldwide, and is seen on some 600 cable television outlets nationwide. It is also available on the Internet at [www.af.mil](http://www.af.mil), and can be seen regularly on The Pentagon Channel. The program is offered with closed captioning. Viewers can comment on the program by sending e-mail to [aftvnews@afnews.af.mil](mailto:aftvnews@afnews.af.mil).

*(Courtesy of Air Force  
Print News)*



# Eagle Eyes help maintain vigilant community

Compiled from staff reports

As citizens on America's eastern coast remain vigilant due to a raised threat level, Air Force Office of Special Investigations officials here remind everyone to stay alert within their local community as well.

With national elections and other fall activities approaching, the base and local communities are encouraged to maintain a keen eye for suspicious people and anything that looks odd or unusual.

One of the best ways to do that is through the Eagle Eyes Program, an anti-terrorism initiative that began in 2002 and enlists the eyes and ears of Air Force members and citizens in the war on terror.

"The program is still ongoing, and it won't work without community involvement," said Special Agent Ivan Vivas Torres of AFOSI Detachment 410 here.

Eagle Eyes is aimed to prevent terrorism by encouraging people to report terrorist planning activities they observe. Through the program, people can learn about typical actions terrorists engage in to plan their attacks. They will be able to then recognize elements of potential terror planning when they see it.

Since Laughlin is so close to an international border with many foreigners coming through, Agent Vivas Torres

emphasized the importance of the program and efforts to protect base assets and people.

"Law enforcement officials cannot be everywhere, and it helps having a community that stretches our eyes and ears," he said. "People should learn to know what's normal and always be aware of their surroundings. They should get to know their neighbors and the community where they live and be able to recognize things that may look out of place."

As the first line of defense, people are encouraged to watch for suspicious behavior, report what they see and protect by observation and action. The first step, however, is knowing what to look for, said Agent Vivas Torres.

The following are seven categories of suspicious activities that warrant reporting:

—Surveillance. Someone recording or monitoring activities, including the use of cameras (either still or video), taking notes, drawing diagrams, writing on maps, or using binoculars or other vision-enhancing devices.

—Elicitation. Anyone or any organization attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person.

—Tests of security. Any attempts to measure reaction times to security breaches or

to penetrate physical security barriers or procedures.

—Acquiring supplies. Purchasing or stealing explosives, weapons, ammunition, uniforms, decals, flight manuals, passes or badges (or the equipment to manufacture

them), or any other controlled items.

—Suspicious persons out of place. These are people who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else. This also in-

cludes suspicious border crossings, stowaways aboard ship, or people jumping ship in port.

—Dry run. Putting people into position and moving them around without actually committing a terrorist act such as a kidnapping or bombing. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

—Deploying assets. People and supplies getting into position to commit the act. This is the last opportunity to alert authorities before the terrorism occurs.

To report suspicious people or activities, call the law enforcement desk at 298-5100.

The local OSI detachment can provide more information about the Eagle Eyes Program. Call 298-5158 to request and schedule a briefing.



U.S. AIR FORCE  
**EagleEyes**  
WATCH.REPORT.PROTECT.

## Laughlin, from page 1

Del Rio citizens.

"Del Rio and Laughlin share a bond unequalled in the Air Force," said Col. Wolters. "We wouldn't be able to do what we do without the support from Del Rio."

Colonel Wolters thanked General Ellis for his trust in placing him in command of

the wing and lauded Colonel Woodward for inspiring a winning attitude in wing members.

"Everyone I have met has been professional and enthusiastic," said Colonel Wolters. "The reason Laughlin has been so successful over the years is because the Airmen here don't want to take second

place," he said. "We will continue that tradition."

Before coming to Laughlin, Colonel Wolters served as 1<sup>st</sup> Operations Group commander at Langley Air Force Base, Va. The colonel has also served as a squadron commander, wing safety officer and instructor pilot.

Colonel Wolters holds a

Bachelor of Science from the United States Air Force Academy, Colorado Springs, Colo., and a master's degree in aeronautical science technology from Embry-Riddle Aeronautical University.

His awards and decorations include the Bronze Star, the Defense Meritorious Service Medal, Meritorious Ser-

vice Medal, Air Medal, Aerial Achievement Medal with three oak leaf clusters, Joint Service Commendation Medal and Air Force Commendation Medal with two oak leaf clusters.

Colonel Wolters is a command pilot with 4,200 flying hours in the F-15, OV-10, AT-38, T-38 and T-37.



# Avoid summer heat hazards for pet safety

By Adriene M. Dicks  
20th Fighter Wing  
Public Affairs

SHAW AIR FORCE BASE, S.C. – Some people treat their pets like more than just an animal companion. They exercise with them, and take them to run errands and along on family trips. During summer, it may be necessary to curtail certain activities to keep pets safe from extreme heat.

Extremely high temperatures are dangerous for animals in the same way they are dangerous for people, according to Capt. (Dr.) Lisa Read, a Fort Jackson Veterinary Services veterinarian in Columbia, S.C.

"Animals suffer the same injuries and potential consequences as humans when exposed to extreme temperatures," said Dr. Read. "Heat-related illnesses happen frequently in animals but especially to pets not used to the temperatures or unable to help themselves because they don't have access to shade, water or shelter."

People can dress for the weather. In the summer, people wear shorts, T-shirts and tank tops made of lightweight materials in order to feel more

comfortable in higher temperatures. Exposing more skin helps release more heat from the body. But animals are not so lucky. According to the American Society for the Prevention of Cruelty to Animals, the only way dogs can rid themselves of heat is by heavy panting and a small amount of sweating through their paw pads.

Dr. Read suggests those who jog with their dogs alter their routines to ensure the safety of their pets.

"If you want to take your dog jogging with you, exercise in the early morning or late evening, said the doctor. "Make sure they have access to water."

She advises dog owners to closely watch the behavior of their pets during exercise.

If your pet is unwilling to walk or run and is panting heavily, stop immediately and give it fresh water to drink and a shaded place to rest," said the veterinarian. "Dogs that become too hot during exercise will often cool off very well if given the opportunity to stand in a body of water for a few minutes. If that is not available, find a water hose and apply cool, not cold, water to their belly, armpits and groin

area. This will help them cool down sufficiently."

Dr. Read said the normal body temperature of dogs and cats is 100 to 103 degrees Fahrenheit. When it begins to rise above 106, it can become dangerous and may cause internal changes resulting in death if not returned to a normal level quickly.

"Our pets can't tell us their mouths are dry or they are starting to feel a little dizzy," said Dr. Read. "We have to be aware of the situation and provide all the preventable measures we can because we don't often know animals are suffering from heat stroke until it may be too late."

The most common visible signs of heat stroke in pets include heavy panting and lethargy. Other signs include elevated temperatures, blood pressure abnormalities, coma and bleeding disorders.

The job performance of military working dogs assigned to security forces squadrons can be affected by summer heat.

"The temperature outside works on the dogs' stamina," said Staff Sgt. Jemal Jones, the 20th Security Forces Squadron kennel master here. "They

get tired quicker when it's hot and may stop searching.

"Imagine that you have to wear a coat while working outside during the summer; that's what it's equivalent to," he said. "The health of these dogs is the biggest factor in them performing well."

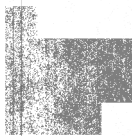
The kennel that houses the military working dogs is air-conditioned in the summer. Also available for the dogs are K-9 cool vests which are packed with ice to cool them off after spending time in the heat. Sergeant Jones said another way to cool the dogs off is by applying cool water directly to their skin.

"Sometimes after working in high temperatures, we cool off the dogs by applying water to their inner thighs," he said. "There is less hair there so they cool off quicker. Also, a major vein located in that area helps carry the cooling affect to the rest of the body."

Whether working or playing, it is necessary for pet owners to limit the amount of time they allow pets to spend in the heat and direct sunlight, and to be aware of how high temperatures may affect them.

## Opinions on the proposed uniform?

Take the online survey at  
[www.uniforms.hq.af.mil](http://www.uniforms.hq.af.mil)



# Raptor continuing Air Force's air superiority record

By Capt. Chris Karns  
325th Fighter Wing  
Public Affairs

TYNDALL AIR FORCE BASE, Fla. — With air dominance training under way here, the Air Force's newest asset, the F/A-22 Raptor, is proving its worth every day as it nears initial operational capability.

The Raptor will eventually replace the F-15 Eagle, an aircraft with an undefeated 104-0 combat record, according to Brig. Gen. Larry New, former 325th Fighter Wing commander. The general said that combat record will continue with the addition of the Raptor to the Air Force team.

While the Eagle's record speaks for itself, 30-year-old technology can only extend that record so much farther, said Col. Timothy Merrell, the 325th Operations Group commander and a new F/A-22 pilot.

Some foreign fighters currently match or exceed U.S. fighter capabilities, and today's F-15s and F-16 Fighting Falcons cannot penetrate the double-digit surface-to-air missile threat without losses, Colonel Merrell said.

"Adversaries are not standing still and weapons continue to evolve and improve, as does the quality of pilots being produced by other nations," he said.

Even the most seasoned Eagle pilot will tell you that despite its impressive track record, the technological gap has closed, and the need for the Raptor is real, said General New, an F-15 pilot with more than 3,000 flying hours.

"Just because the Warsaw pact dissolved and the Cold War ended doesn't mean threat capabilities don't still exist, or continue to exist and advance in the future," he said.

"The Raptor brings on the next generation of applying technology to war fighting, putting our aircraft two generations ahead of any threat and removing us from our current status of weapons system parity," the general said. "Raptor technology combined with realistic training will provide air dominance, under which all other military actions become possible."

The Raptor combines the best attributes of current fighter aircraft with stealth, maneuverability and supercruise, the ability to reach and sustain supersonic speeds without the use of afterburners. Combine these attributes with the Raptor's avionics system, which integrates data from several sources for the pilot to view on one easy-to-read display, and you have an aircraft which gives pilots a first-look, first-shot and first-kill capability, Colonel Merrell said.

Even with the F/A-22's capability,



Photo by Master Sgt. Mike Ammons

**A formation of 325th Fighter Wing F-15 Eagles and an F/A-22 Raptor fly above Panama City, Fla. The Raptor will eventually replace the F-15 Eagle in the Air Force inventory.**

ensuring Airmen can meet evolving threats are critical to mission success, General New said.

"We're approaching Raptor training with an open mind to fully develop its potential," General New said. "Realistic training, combined with the best-fielded equipment our nation can provide, gives us a capability superior to the adversaries we've faced in conflict."

Tyndall's 43rd Fighter Squadron is training all future F/A-22 pilots. Since the base received its first F/A-22 in September 2003, Tyndall pilots have flown nearly 250 cumulative hours and more than 253 sorties in the Raptor as the aircraft moves closer to initial operational capability.

But pilots are not the only Airmen raving about the Raptor. Maintainers are finding the Raptor's new technology a quantum leap over the legacy systems of the past.

"The Raptor [contains] fourth-generation stealth technology and has a fully integrated avionics suite, yet it remains the most maintenance-friendly airplane ever," said Capt. Rognald Christensen, the 43rd Aircraft Maintenance Unit's officer in charge.

One maintenance-friendly feature

is the portable computer that hooks directly into the aircraft. It enables maintenance crews to conduct operational checks on the ground, eliminating the need to get into the cockpit during engine runs. It also contains a library of 1,300 technical orders.

Integrating technical orders with maintenance tasks ensures fingertip access to information and that each step is completed correctly before allowing the maintainer to proceed, Captain Christensen said.

Easy access to components is another feature. On other aircraft, changing components is not a maintainer-friendly experience, said Master Sgt. Richard Street, the 43rd Aircraft Maintenance Unit section chief.

"On the Raptor, I don't have to remove one component in order to reach another," Sergeant Street said.

"We owe it to future generations to give them new things to work with and the opportunity and responsibility to take those new things and deliver effects in ways we never thought of," said Lt. Col. Mike Stapleton, 43rd Fighter Squadron director of operations. "The F/A-22 will do just that and more."



Photo by 1st Lt. Albert Bosco

**Senior Airman Michael Young inspects an AIM-120 launcher in the main weapons bay of the F/A-22 Raptor at Tyndall Air Force Base, Fla. Airman Young is assigned to the 43rd Aircraft Maintenance Unit.**



# Motorcycle safety: important part of critical days

By Airman 1st Class  
Katie Booher  
5th Bomb Wing Public Affairs

**MINOT AIR FORCE BASE, N.D.** – Since the start of the “101 Critical Days of Summer,” at least 16 Airmen have been injured or killed in motorcycle accidents, primarily because they lacked proper training or were not wearing all the required safety gear when they went down.

Rod Krause, the 5th Bomb Wing safety office manager here and a motorcycle enthusiast, said the policies and clothing regulations are not meant to deter people from riding; they are in place to keep people safe.

“The rules are going to protect [a person] because the

riding environment is more hazardous on a motorcycle than if [he or she] were riding in a car,” he said. “People aren’t watching out for bikers, which makes bikers more vulnerable for traffic mishaps.”

Before a person ever steps foot on a showroom floor, he or she should consider the necessary training and complete that training before driving a new bike home.

“To operate a motorcycle on- or off -duty, on- or off-base, active-duty members must successfully complete a Motorcycle Safety Foundation course, either the basic rider’s course or the experienced rider’s course,” Mr. Krause said.

Once people go through that training, they must also complete a one-on-one mo-

torcycle briefing with their squadron commander to demonstrate they understand exactly what they are dealing with, he said.

Along with the training comes the amount of personal protective equipment a person must wear when riding, said Mr. Krause.

“A Department of Transportation-certified helmet must be properly worn and secured, and the goggles and face shield must be impact- or shatter-resistant. A windshield or eyeglasses alone aren’t proper protection,” he said. “Over-the-ankle boots or shoes are strongly suggested, and a long-sleeve shirt or jacket and full-fingered gloves or mittens designed for use on a motorcycle must be worn.”

One of the biggest ques-

tions the safety office receives is on what riders must wear on their upper body, said Mr. Krause.

“A brightly colored upper outer garment [must be worn] during the day, and a reflective upper garment [must be worn] during the night. The outer garment must be clearly visible,” he said. “Black leather jackets alone aren’t enough; something must be worn on top of the jacket to make it highly visible.”

Those who choose not to abide by the rules and clothing regulations can face military punishment if they are caught, said Mr. Krause.

“If you get hurt while riding a bike and you’re not wearing this gear, you could be held liable under the line-of-duty determination,” he

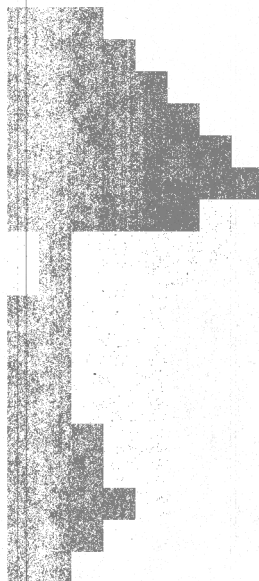
said. “Beyond being in trouble with the commander for disobeying a direct order, you could be stuck with the medical bills.”

The rules apply both on-base and off for active-duty Airmen. Civilians are only required to follow these rules when they ride on base or use their motorcycle for official government use.

“If [Department of Defense or nonappropriated fund civilians are] going to use their bike for official duties off base, they must attend a safety class,” he said. “[For example] if I need to make an office supply run downtown during the day, I must wear all the equipment, but once I hit the gate at 4:30 p.m., I can wear [shorts and a T-shirt] if I want to.”

## Online news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. Simply go to [www.af.mil/news/](http://www.af.mil/news/) and stay informed about events.



# Part 1 'The Best of the Border'

Story and photos by  
2nd Lt. Sheila Johnston  
Public Affairs

*(Editor's note: This article is part 2 in a 4-part series on activities in and around Del Rio.)*

In a town billed by the local Chamber of Commerce as "The Best of the Border," where is 'the best?'

The best food, entertainment and outdoor activities overlap every community within Del Rio and the surrounding towns.

Try, for example, to find the closest nature walk. Where do you look? Right here on base—on the Northwest corner of Laughlin where fossils, butterflies and wildflowers abound. The nature trail is suited for hiking, biking or just a slow walk. The nature trail boasts picnic areas and animal-viewing stands that are all open to base members. Along the trail, you will see Lower Cretaceous Period geology and fossils dating back an estimated 87 to 89 million years ago. As with any nature trail, "leave only footprints, take only pictures."

If you have been there and done that, then try a Texas bike trail at one of the local state parks. Bike-trail options range from beginner to intermediate to difficult and distances start at eight miles and extend to 32 miles. At the beginner to intermediate end, you will find the Seminole Canyon State Park and historic site weighing in with an 8-mile trail. This park is located nine miles west of Comstock on Highway 90. If that's not enough trail for you, try Devil's River State Natural Area with 12 miles of trails. Devil's River has trails from beginner to difficult; and you can find it 45 miles north on Highway 277 out of Del Rio then 18.5 miles down Dolan Creek Road (a left off of Highway 277).

Keep bicycle safety in mind when riding, and when in doubt, simply follow the International Mountain Bicycling Association Rules of the Trail. 1) Ride on open trails only. 2) Leave no trace. 3) Control your bicycle. 4) Always yield trail. 5) Never spook animals. 6) Plan ahead. However, if it's biking equipment you lack, but you still wish to ride, Laughlin's Outdoor

Recreation has mountain bikes for rent for \$5 per day. Call 298-5897 to reserve a bike. For more information on bicycling in Texas, download a brochure at <http://www.tpwd.state.tx.us/park/activities/bike/image/biketx.pdf>.

If mountain biking is too much excitement for you, turn to a slower-paced walk. The "First Friday Art Walk" in downtown Del Rio that is. The first Friday each month plays host to a colorful evening with events for all ages. This free opportunity coordinated by the Del Rio Council for the Arts features live music, crafting for children at the Firehouse, light refreshments and a look at the arts at up to four locations downtown. Running from 7 to 9 p.m., this event showcases work from the Lee Bunch Gallery, Casa de la Cultura, Studio Arts and the Paul Poag Theatre. Fantasia, tonight's band, will jazz up the evening. For more information on the First Friday

Art Walk, call 775-0888.

If Jazz is your flavor, find it weekly at Memo's Restaurant & Lounge at 804 E. Losoya. Owner Dolly Calderon said, every Thursday night around 7:30 p.m., the "house band" (also known as Fantasia) entertains patrons with live jazz music as they visit with friends and enjoy regular menu items like enchiladas, burritos, pericos and more. However, if Jazz doesn't interest you, but the menu does, Memo's is open Monday through Saturday from 5:30 to 9:30 p.m. for dinner, and Wednesdays and Fridays they serve a lunch buffet from 11:30 until it's gone.

If you've seen and eaten more Mexican food than you can stand and you're looking for that Frank Sinatra feel, give the northern Italian fare at Avanti Authentic Italian Restaurant a try. Believe it or not, Del Rio has one of the top 10 restaurants in Texas. Avanti's at 600





E. 12th St. was recently featured on the best restaurants list in Frommer's Texas, 2nd Edition. The restaurant's serving hours are Monday through Thursday 11 a.m. to 9 p.m., Friday 11 a.m. to 10 p.m. and Saturday 5 to 10 p.m. In addition to a few signature dishes like Venetian Chicken, Shrimp Avanti and Avanti's special recipe lasagna, Avanti's offers daily menu specials including Chicken Prosciutto and Clam Chowder Mondays, Vodka Pasta and Potato soup Tuesdays, Chicken Parmesan and French Onion soup Wednesdays, Spaghetti and Mushroom Bisque soup Thursdays, and Pasta Bocada and Clam Chowder Fridays and Saturdays.

After dinner at Avanti's, swing into the Plaza Del Sol Mall at 2205 Ave. F to catch a first-run movie at

the Cinemark movie theater. With eight screens, they are sure to have a movie you've been waiting to see. Showtimes are listed weekly in the *Border Eagle*, or you can call 775-8122 for movie times. Shows before 6 p.m. cost \$2.50 per viewer, while all other shows are \$2.50 for Senior citizens and children, and

\$4.50 for adults.

While this is by no means a comprehensive list of things to see or experience in Del Rio, you should at least be inspired to explore the area. Find out what exists beyond the main gate.

(Right) The Del Rio Council for the Arts is housed in an old Firehouse. This building on Garfield Street, called "The Firehouse," is the gathering point for all the action during the First Friday Art Walk each month in Del Rio. For information on programs offered by the council, call 775-0888 or stop by 120 E. Garfield St. from 9 a.m. to 5 p.m.



(Right) Memo's Mexican Restaurant offers live music Thursday nights beginning at 7:30 p.m. This restaurant holds a lot of history and hardship, but maintains a scenic view and authentic food.



(Left) The Paul Poag Theater on Main Street is one of the featured locations in the First Friday Art Walk presented by the Del Rio Council for the Arts. See next week's *Border Eagle* for more information on the theater and the upcoming performance by the Upstagers.

(Right) Avanti Authentic Italian Restaurant on the corner of 12th Street and Ave. G was recently named one of the top 10 restaurants in Texas by Frommer's Texas, 2nd Edition.



## The XLer

Senior Master Sgt. John Sanders  
47th Communications Squadron

**Hometown:** Tulsa, Okla.

**Family:** Wife, Dolores: two daughters, Sarah and Gabrielle

**Time at Laughlin:**

Three years

**Time in service:** 19 years

**Greatest accomplishment:**

Earning my Master's of Science Degree in Computer Information Systems before I retire from the Air Force.

**Hobbies:** Boating, spending time with family

**Bad habit:** I drink too much Diet Coke

**Favorite movies:** The Matrix and Shawshank Redemption

**If you could spend one hour with any person, who would it be and why?** My Father, he passed away sooner than I thought he would.



Photo by Airman 1st Class Olufemi A. Owolabi

## Shop the commissary...

*the military's premier benefit*

## Chapel information



### Catholic

Monday - Friday

Saturday

Sunday

Thursday

● Mass, 12:05 p.m.

● Reconciliation, 4:15 p.m. or by appointment; Mass, 5 p.m.

● Mass 9:30 a.m., Religious Education, 11 a.m.

● Choir: 6 p.m.; Rite of Christian Initiation, 7:30 p.m.

### Protestant

Wednesday

Sunday

● Protestant Women of the Chapel Ladies' Bible Study, 9 a.m.; Choir, 7 p.m.

● Contemporary worship, 9 a.m. in the base theater; General worship (a blend of Liturgical and contemporary worship), 11 a.m.

### Chaplain Staff

Wing chaplain:

Chap. (Lt. Col.) Joseph Lim, Roman Catholic

Senior Protestant:

Chap. (Capt.) Terri Gast, Presbyterian Church, USA

Protestant:

Chap. (Capt.) Alex Jack, Independent Christian Church

Protestant:

Chap. (Capt.) Kenneth Fisher, Evangelical Church Alliance

For more information on other denominations, chapel events or services, call 298-5111. For information on special events, see the Community Calendar on page 16.

Please recycle this newspaper



# Going from Air Force to NASA

By Capt. Christine Kunz  
*Airman Magazine*

SAN ANTONIO — It is the all too famous image seen across the world — the orange suits, the big smiles, the friendly waves — as an astronaut crew prepares to launch out of Earth's orbit. Since the first U.S. manned space flight in 1961, the Air Force has been a part of the nation's space program.

There are some 54 former astronauts as well as 23 current astronauts and one astronaut candidate who also wear Air Force blue.

Ask any astronaut and he or she will say the most exciting day for anyone who wants to travel into space is the day he or she is selected to be an astronaut candidate. But only then does the real work begin. It can take up to two years of training to become fully qualified. But for those who choose a life among the stars, the extensive training and the long wait are well worth it.

The first group of astronaut candidates for the space shuttle program was selected in January 1978. By then, the prime emphasis had shifted away from flight experience toward superior academic qualifications, where astronaut selection still stands today.

Duane Ross has 37 years of experience at Johnson Space Center in Houston selecting and training astronauts. NASA receives about 3,000 applications every two years when it selects its next class, said the astronaut candidate selection and training manager.

Out of the thousands, 100 will be interviewed and about 10 will be selected. Both civilian and military applicants are considered.

It has been four years since the last astronaut class was chosen. NASA cancelled the 2002 selection board because of a lower projected need. The latest astronaut class was selected in April and included an Air Force bluesuiter as one of only two pilots in the class of 11.

When Col. Pam Melroy reported to Johnson Space Center for astronaut training in 1995, she was finally completing her plan, conceived from the moment she began courses at Wellesley College in Massachusetts

and set foot in undergraduate pilot training in 1985.

"What we do is so much fun," the Rochester N.Y., native said. "The harder something is, the more fun it is. It [astronaut training] tests ourselves."

Candidates participate full time for a year during initial astronaut training at Johnson Space Center. This includes more than 60 classroom lessons in shuttle systems, mathematics, basic science, navigation, geology, meteorology and a host of other science courses; studies in more than 40 workbooks; 25 computer-based lessons; and a multitude of training in different simulators, including virtual reality trainers.

"I just meet the minimum height to be a pilot," she said. "And because of that I have to use some ingenuity to pull myself up into the raft with the full 'pumpkin' pressure suit on."

So how does Colonel Melroy solve this dilemma? When in the water, she turns her back to the raft, grabs hold of the end and pulls the raft under her.

Now after serving as pilot on two shuttle flights — STS-92 in 2000 and STS-112 in 2002 — Colonel Melroy can add 562 space hours to her more than 5,000 hours of flight time in more than 45 different aircraft.

Advanced training includes 16 different courses covering all crew training requirements. Courses range from guidance, navigation and control systems to payload deployment and retrieval systems. Advanced training continues even after a crew has been given a flight assignment.

After completing training, astronauts are given a full time office assignment with NASA, but must still maintain proficiency in their advanced training while waiting for a flight assignment.

And often times, astronauts are called upon for public relations events. Colonel Melroy is not currently assigned to a flight and is working with NASA in technical duties supporting the investigation of the Columbia shuttle accident last year.

Once an astronaut is assigned to a shuttle mission, training once again becomes a full-time endeavor. But this



Courtesy photo

Astronaut and pilot, Col. Pam Melroy is assisted by three scuba-equipped divers in the deep pool at the Neutral Buoyancy Laboratory at the Sonny Carter Training Facility near the Johnson Space Center.

time, the training is unique to the assigned mission and is more intense to include multi-system malfunction scenarios and integrated training with the assigned Mission Control Center flight control team who will assist from Earth. Col. Eileen Collins, an astronaut for 13 years, is currently in full-time training for her next shuttle mission as commander of STS-114.

"You need to learn to juggle a lot of different things," said Colonel Collins, who was the first female shuttle pilot and commander. "You're constantly changing from different phases of training. Half a day you're in the T-38, then that afternoon you're giving a speech to the public, but then the next day you're in the pool training all day. You have to adapt quickly."

And for Colonel Melroy, it is those non-flying skills that have become her favorites.

"Teaching a rookie astronaut how to use the shuttle kitchen in zero-gravity," she said. "Or learning how to stow gear in space. Everything we thought we knew how to do, we have to learn all over again."

As part of the newest astronaut selection class, Maj. Jim Dutton Jr., assistant operations officer for the 411th Flight Test Squadron at Edwards AFB, Calif., beat out nearly 2,900 other ap-

plicants his first-time applying for the job. After a six-month wait following his formal interview and nearly a year since his application met the Air Force board, Major Dutton's dream of "sharing the vision and excitement of space exploration" is coming true.

"In the end, I boiled (the desire to be an astronaut) down to four things. A love for space, the desire to contribute to a great endeavor, to be able to work with exceptional people who share the same vision and to play a part in continuing to push outward the boundaries of human space travel," said the 35-year-old from Eugene, Ore.

Major Dutton's part in pushing those boundaries started when he reported for a year and a half of candidate training — beginning with a week of survival training in Maine and then flying the T-38 Talon. Although this part of training may be easy for the F/A-22 Raptor test pilot, the hardest part Major Dutton expects is his geology lessons. "I never studied it."

Although the study time involved in astronaut training is lengthier than that of any other professional career requiring graduate or post-graduate study, for many it is a long steadfast dream come true. And then the long work hours simply become a labor of love.

## OSS grounds Del-Jen, 20-10, in softball

By Senior Airman  
Timothy J. Stein  
Editor

The 47<sup>th</sup> Operations Support Squadron defeated Lear Seigler Inc. by the 10-run rule, 20-10, in an intramural softball game July 29 at Liberty Field.

LSI made a run at the game when, down 13-2 in the fourth inning, they scored eight runs to close the gap to three runs, but it wouldn't be enough to beat OSS.

The games started in OSS's favor when, after holding LSI to just one hit,

they scored eight runs in the bottom of the inning. Glenn Griggs and Teddy Valdes both hit triples while three other OSS batters nailed doubles.

OSS added one more run in the second inning after holding LSI scoreless again. LSI got on the board in the third, scoring two runs off of three singles. OSS answered however and scored four more runs in the bottom of the inning off of five singles and a double.

LSI made their move in the fourth inning. With two people on, Art Rodriguez launched a long ball over the left field players scoring three runs.

LSI continued to hit the ball, adding five more runs to their total. By the bottom of the fourth, LSI was only down by three. OSS managed to add two runs to their total, bringing the score to 15-10.

OSS held LSI scoreless in the top of the fifth and added five more runs in the bottom to win the game by the 10-run rule. Griggs hit another triple in the inning to score two of the runs.

The win brings the OSS record to 6-3 and keeps them in the hunt for a playoff spot in the American League. The loss drops LSI to 4-7 with a slim chance at the playoffs.

### Softball Standings

	Team	W-L
<b>American League</b>	Del-Jen1	7-2
	87th	5-4
	84th/85th	5-4
	LCSAM 2	6-5
	OSS	5-3
	LCSAM 1	4-4
<b>National League</b>	86th	4-4
	Del-Jen 2	5-6
	Team	W-L
	CES	12-0
	CCS	7-4
	SFS	6-5
	LSI	5-7
	MED GP	3-5
	MSS	3-11
	SVS	1-10

## Losing weight is different from shedding fat

By Bill Goin  
47th Flying Training Wing  
Exercise Physiologist

Just when I thought I'd seen it all with low carb breads, low carb beer (all beers are low in carbohydrates), and low carb commercials for vodka (since when is any alcoholic concerned about their carb intake?)... I see a commercial for a carbohydrate controlling dog food. Come on people! Now our dog's weight management problems are because they are getting too many bagels out of their dog food bag? In my opinion, this is like blaming a fast food company because someone is fat.

Let's discuss for a moment the major problem with the "low carb" diet craze.

Weight loss versus fat loss. Be honest with yourself. Do you want to

lose "weight", or do you want to lose fat? Usually, when people say they want to lose weight, they are not referring to getting rid of lean muscle or bone loss. However, this is exactly what is happening when you lose dramatic amounts of weight on a low carb diet.

The carbs that you eat help your body retain water and provide readily available energy for daily living. When you reduce your intake of any of the six essential nutrients (carbs, proteins, fats, vitamins, minerals, and water) beyond what your body requires, your body does not know that you are on a diet. Due to your reduction of necessary nutrients, it begins to try to shut "things" down that require energy. In doing this, your body begins to cannibalize its own muscle tissue (muscle requires lots of energy

to be maintained) and reduce the efficiency of your organs. In addition, because you are consuming little or no carbohydrates, your body is not able to retain its normal amounts of water.

You do the math, loss of water and lean muscle tissue (muscle weighs more than fat) equals a pretty quick loss of body weight.

Unfortunately, that loss of weight is not due to loss of dangerous body fat. Moreover, when you quit the diet and begin eating the way you were before, your body has retained the original body fat and now begins to add additional body fat due to the return to poor nutritional habits.

This does not even begin to address the issues of saturated fats, bone density loss, stress on kidneys, and a list of other dangers associated with low carbohydrate diets. So, with all

these possibilities, why do so many people associate these diets with "the answer" to weight loss? I believe it is because we, as a society, look for the instant solution that requires minimal effort.

Instead of taking responsibility for the fact that we drove ourselves through the drive-thru everyday for breakfast, lunch, and dinner, we find a trick or gimmick that will allow us to make minimal efforts to lose "weight"

If you want to lose dangerous body fat, it requires balanced nutritional practices focusing on portion sizes and consistent exercise. That's the trick. Sorry to break it to you, but it takes work and discipline.

My advice is this: If your dog is fat, take him for a run... it would probably benefit both of you. Low carb dog food? Gimme a break!

Buckle up! It's the law.

## August

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>1</b> National Kids Day at the Fiesta Center 1 to 4 p.m.	<b>2</b> Club Amistad BINGO - Mondays 6:45 p.m. Cards go on sale at 6 p.m. Cactus Lanes free bowling for 47CES starting at 6 p.m.	<b>3</b> Cactus Lanes Retiree Bowling Tuesdays Noon to 5 p.m. 75 cents a game 25 cents for shoe rental	<b>4</b> Come & Check out the Fit To Fight Menu at Club XL	<b>5</b> Club XL Mixed Grill from 5 to 8 p.m. Marina Bass Fishing Tournament 7 a.m.	<b>6</b> Club Amistad Boss & Buddy Night 4:30 p.m. Southwinds Marina Sunset Cruise at 7:30 p.m.	<b>7</b> Club Amistad BINGO-Saturdays 5:45 p.m. Cactus Lanes Cosmic Bowling - Saturdays 5 to 10 p.m.
<b>8</b> Fiesta Center's Dorm Residents 8-ball pool tournament begins at 1 p.m.	<b>9</b> Cactus Lanes free bowling for 47MSG & wing staff agencies members starts at 6 p.m.	<b>10</b> Cactus Lanes Retiree Bowling Tuesdays Noon to 5 p.m. 75 cents a game 25 cents for shoe rental	<b>11</b> Family Night Out at Book Mark Library 5 to 7 p.m.	<b>12</b> Club XL Whiskey-Soaked Steak from 5 to 8 p.m. Southwinds Marina lake familiarization 1 to 3 p.m.	<b>13</b> Friendship Pool Game Night- Fridays 6 to 8 p.m. Cactus Lanes Cosmic Bowling - Fridays 5 to 10 p.m.	<b>14</b> Give Parents a Break at CDC Club Amistad's Country & Western Night 9 p.m. Frame Skills Framing & Matting Class 1 to 3 p.m.
<b>15</b> Club XL Sunday Brunch from 10:30 a.m. to 1:30 p.m. Spanish class registration begins at the Fiesta Center	<b>16</b> Cactus Lanes free bowling for 47LG starts at 6 p.m.	<b>17</b> The Fiesta Center's lunch ping-pong tournament begins at 11 a.m. Cactus Lanes Retiree Bowling Tuesdays noon to 5 p.m.	<b>18</b> Vet Clinic 8:30 a.m. to 1 p.m. Call 298-5500 for an appointment	<b>19</b> Vet Clinic 8 a.m. to Noon Call 298-5500 for an appointment	<b>20</b> Comedy Night at Club Amistad 9 p.m.	<b>21</b> Cactus Lanes Adult Bowling Tournament 11:30 a.m. to 5 p.m.
<b>20</b> Sign-ups for the Fiesta Center's fall talent show end today	<b>23</b> Cactus Lanes free bowling for 47SYS starts at 6 p.m.	<b>24</b> Cactus Lanes Retiree Bowling Tuesdays Noon to 5 p.m. 75 cents a game 25 cents for shoe rental	<b>25</b> Fall Bowling Leagues are forming soon. Sign-up today	<b>26</b> Leaning Pine Golf Course Free Ladies Golf Clinic from 10 to 11 a.m. Woodskills Woodworking Class 5 to 9 p.m.	<b>27</b> Cactus Lanes Retiree Bowling Fridays Noon to 5 p.m. Southwinds Marina Sunset Cruise at 7:30 p.m.	<b>28</b> Frame Skills Folk Art Painting Class 1 to 4 p.m. Labor Day Tri-Athlon XL Fitness Center 8 a.m.
<b>29</b> Ask about Birthday Party Packages at the Cactus Bowling Lanes	<b>30</b> Cactus Lanes free bowling for LCSAM starts at 6 p.m.	<b>31</b> Cactus Lanes Retiree Bowling Tuesdays Noon to 5 p.m. 75 cents a game 25 cents for shoe rental	<b>Club XL</b> 298-5374 <b>Fiesta Center</b> 298-5474 <b>Frame Skills Center</b> 298-5153	<b>Book Mark Library</b> 298-5119 <b>Cactus Lanes</b> 298-5526 or 298-4818 <b>Club Amistad</b> 298-5346	<b>Youth Center</b> 298-5343 <b>XL Fitness Center</b> 298-5251 <b>Outdoor Recreation</b> 298-5830	Let us cater to you! Call Club XL and have your next party catered by us. Let us do all the work. It pays to be a member!



### Special events

**11** Book Mark Library is holding a night of stories, games, crafts, food and fun during Family Night Out from 5-7 p.m. Aug. 11.

For more information, call 298-5119.

**14** Club Amistad is having a Western Night at 9 p.m. Aug. 11. The night begins with dance lessons from 9 to 10 p.m. and other events include calf roping, barrel racing and DJ Reno Luna.

For more information, call 298-5346.

**15** Come and join us for Sunday Brunch from 10:30 a.m. to 1:30 p.m. Aug. 15 at Club XL. Cost is \$10.95 with members receiving a \$3 discount, \$3.95 for children ages 5-12 and children ages 4 and under eat free.

For more information, call 298-5134.

**20** Tickle your funny bone at Club Amistad during comedy night beginning at 9 p.m. Todd Larson, host, Jerry Rocha, headliner, and Miguel Lorenzo, feature, are sure to keep you laughing all night. The cost is \$10 or \$5 with a club membership. This program contains

adult content and may not be suitable for children.

For more information, call 298-5346.

**26** Southwinds Marina is holding a catfish tournament from 7 a.m. to 5 p.m. Aug. 26. The cost is \$15 per person.

For more information, call 775-7800.

**28** The XL Fitness Center is hosting a Labor Day Weekend tri-athlon featuring an 8-lap swim, 5K run and a 10K bike race beginning at 8 a.m. Aug. 38.

For more information, call 298-5251.

During the month of August, on Mondays the Cactus Bowling Lanes will offer FREE Squadron Bowling starting at 6 p.m.

August 2: 47th Civil Engineer Squadron  
August 9: 47th Mission Support Group and wing staff agencies

August 16: 47th Logistics Group

August 23: 47th Services Division

August 30: Laughlin Consolidated Air Craft Maintenance

For more information or to ask about squadron bowling, call 298-5526.



### Food for thought

#### Cactus Lanes serves lunch

Daily lunch specials from 11 a.m. to 1 p.m.:

Mondays - Meatloaf plate  
Tuesdays - 2 chili cheesedogs  
Wednesdays - Deli sandwich  
Thursdays - BBQ Sandwich  
Fridays - Sirloin Steak plate

#### Club XL offers lunch specials

Daily lunch menu from 11 a.m. to 1 p.m.:

Mondays - Southern Delight  
Tuesdays - Italian Buffet  
Wednesdays - Mexican Buffet  
Thursdays - A La Carte  
Fridays - A La Carte

#### Club XL offers evening dining Thursdays

Special rotating menu 5 to 8 p.m. weekly.

#### Pepperoni's! delivers dinner

Fridays and Saturdays - 4 to 11 p.m.  
Mondays through Thursdays - 4 to 10 p.m.  
Sundays - noon to 10 p.m.



## Highlights

### Boss 'N Buddy Night

Join the festivities beginning at 4:30 p.m. to see who gets voted off of "Survivor" tonight at Club Amistad.

### Swimming game night

Cool off at the Friendship Pool game night tonight from 6 to 8 p.m.

### Free Bowling for MSG

Members of the 47th Mission Support Group, Wing Staff Agencies and their family members are invited to bowl for free at Cactus Lanes Monday starting at 6 p.m.

### Story night at the library

The Book Mark Library is offering story time with games, crafts, food and stories Wednesday from 5 to 7 p.m. For information, call 298-5119.

### Learn about Lake Amistad

Southwinds Marina is offering a Lake Amistad familiarization class Thursday 1 to 3 p.m. Cost is \$10. For details, call 298-5830 or 775-7800.

### Steak dinner at Club XL

Club XL offers whiskey-soaked steak Thursday 5 to 8 p.m. Cost is \$10.95 with \$1 discount for members.

### Club Amistad social hour

Club Amistad offers member's social hour 5 to 7 p.m. every Friday. For details, call 298-5346.

To advertise base functions in the Community Calendar, e-mail submissions to [timothy.stein@laughlin.af.mil](mailto:timothy.stein@laughlin.af.mil). The deadline for submissions is 4:30 p.m. Thursday, one week prior to publication.

## Events calendar



**14**  
**SAT**

Club Amistad is hosting a **Country & Western Night** August 14 from 9 p.m. to 1 a.m. Event features barrel racing, calf roping, food and drink specials and free two-step and line-dancing lessons, from 9 to 10 p.m.

**15**  
**SUN**

Club XL is hosting a **Sunday Brunch** Aug. 15 10:30 a.m. to 1:30 p.m. Cost is \$10.95 for adults with \$3 discount for members, \$3.95 for children ages 5 to 11 and free for children 4 and younger.

## Sign up today

The Fiesta Center is hosting a **dorm residents' eight-ball pool tournament** Sunday 1 to 4 p.m. Today is the final day for registration. To sign up, call 298-5457.

A **framing and matting class** is offered 1 to 3 p.m. Aug. 14 at the Wood Skills Frame Shop. Registration is required. Cost is \$15. For details, call 298-5153.

The Book Mark Library is offering an **Ice Cream Social** to children who read 12 books by Aug. 15 and tell about their favorite one. Call 298-5119.

The Fiesta Center is hosting the **Fall Talent Show** Oct. 23. Sign up by Aug. 20 if you want to perform or be a volunteer stage hand, call 298-5475.

Southwinds Marina is offering a **Sunset Boat Cruise** Aug. 27, 7:30 to 9 p.m. Cost is \$10 per person. Call 775-7800 by 7 p.m. Aug. 26 to register.

**Tobacco Cessation Classes** are offered at 11:30 a.m. and 4:30 p.m. Tuesdays in August and September at the Life Skills Clinic. For details, call 298-6464.

Sign up for **Shotokan karate instruction** given by black-belt Jose Torres-Reyes at the Fiesta

Center. Call 298-5224.

**Tae Kwon Do training** is also offered at the Fiesta Center. Cost is \$45 per month and \$35 for each additional family member. For details, call 298-5474.

A lunch-time **ping pong tournament** is scheduled at the Fiesta Center Aug. 17-20 at 11 a.m. Registration is required. Prizes will be awarded. For details, call 298-5475.

Registration for **Spanish learning class** begins Aug. 15 at the Fiesta Center. Classes are scheduled Thursdays in September 6:30 to 8:30 p.m. Cost is \$40. To register, call 298-5224.

## Recurring events



**Kids' story time and craft-**ing is set at 10:30 a.m. Fridays at the Book Mark Library. Children can listen to a story and complete a craft. To volunteer or for details, call 298-5757.

**Retirees' bowling** is scheduled from noon to 5 p.m. every Tuesday and Friday at the Cactus Lanes. Cost is 75 cents per game. For details, call 298-5526.

A **lunch buffet** is served at Club XL from 11 a.m. to 1 p.m. Mondays through Wednesdays. Cost is \$6.50 for nonmembers and \$5.50 for members. For details, call 298-5374.

Cactus Lanes Pro Shop is offering a **40 percent discount** for early Christmas shopping in August. For information, call 298-5526.

Cactus Lanes offers **cosmic bowling** 6 to 10 p.m. Fridays and Saturdays. For details and pricing, call 298-5526.

Wood Skills Frame Shop is offering a summer craft **clearance sale** for all brands of frames, mats, stickers, paint brushes and other craft items. For details, call 298-5153.

**Six Flags Fiesta Texas tickets** are now available at Outdoor Recreation. The cost is \$24. Sea World tickets are also available. Tickets are \$36 for adults and \$26 for ages 3 to 9.

For details, call 298-5830.

The Auto Skills Shop offers a **computerized system and air conditioner** checkup in August. For details, call 298-5844.

## Around town



The Del Rio-Laughlin Youth Soccer Association seeks volunteers for **soccer coaching and referees**. For details, call 1st Lt. Joseph McCane at 298-5011.

Del Rio Council for the Arts is hosting a **First Friday Art Walk** tonight from 7 to 9 p.m. For details, call 775-0888 or see pages 10 and 11.

A guided **Fate Bell Cave Dwelling tour** to one of North America's oldest cave dwellings is offered Wednesdays through Saturdays at 10 a.m. Cost is \$3 for adults and \$1 for children. Call (915) 292-4464.

'**Storyhour in PJs**,' a storytelling night, is scheduled from 6 to 7 p.m. Mondays at Val Verde County Library, 300 Spring St. For details, call 774-7595.

## Chapel events



The chapel offers **Jewish activities** by a Jewish Welfare Board certified lay leader. For details, call 298-5111 or 1st Lt. Samuel Sterlin at 734-8236.

Interested members are forming a **Buddhist study group** at the base chapel. For details, call 298-5111.

The Protestant Women of the Chapel are offering a **Ladies Bible Study** from 9 to 11 a.m. Wednesdays at the chapel. For details, call LeAnn Loftus at 298-0088.

**The Gathering** contemporary worship service opens at 8 a.m. Sundays with coffee and doughnuts at the base theater. The service begins at 9 a.m. A nursery and children's church are offered. To volunteer, call 298-7073. For details, call 298-5111.

## Border Eagle Classifieds

### HOMES

**107 Covey Ridge Dr.:** Four bedrooms, two baths and two-car garages, 2,200' square, above-ground pool, boat and recreation vehicle parking. Call 778-2520.

**109 Hidden Meadow:** Three bedrooms, two bath, very large family room, a two-car garage, rent, \$925; sale, \$125,000. Call 734-8054.

**305 Anderson Circle:** 14'X52' mobile home, two bedrooms, one bath, fully furnished, \$15,000. Call 298-3112.

### LOST

**Miniature Sheltie:** Brown and white dog. If found, call 298-2286.

### MISC. ITEMS

**Gun:** Glock 35, 0.4 SW, three magazines, adjustable sights, Fobus paddle holster, \$500 obo. Call 734-5348.

**Car stereo system:** Alpine 9820XM stereo system, \$275; Alpine Amplifier, \$150; Alpine 10" R-type sub built in Alpine box, \$200. Call 298-9723.

**Various items:** Transport kennel for large dog, two-piece top and bottom with removable wheels; word-processing type-

writer with manual. Call 298-7425

**Entertainment center:** Three-piece wood entertainment center, good shape, light wood with glass doors on end cabinets, \$300 obo. Call 298-2593.

**Laptop computer:** Dell laptop, 800 MHz, 256,000 RAM, CD-RW burner, \$495 obo. Call 298-9723.

**Washer/Dryer:** Hotpoint Excellent condition, \$575. Call 765-2900.

**Gun storage:** Pantry with large hand-made wood cabinet, \$60 obo. Call 765-2900.

**Jewelry box:** Large stand-up box, new condition, \$60. Call 765-2900.

**Sofa sleeper:** Queen Size, cream-blue print with matching wing-back chair and ottoman, \$350. Call 298-7159.

**Mortal Combat arcade game:** Full size, \$375 obo. Call 298-1294.

### PETS

**Free black lab:** Female, 2 years old, shots complete, free to good home. Call 298-3006.

**Free to good home:** Blue-cream Persian cat, 9 years old,

declawed, spayed, shots included. Call 298-2781.

**Free to good home:** Mixed-breed dog, female, 1 year old, shots complete, good with kids. Call 298-1710.

### VEHICLES

**'93 Jeep Cherokee:** Sport, V6, A/C, great condition, \$2,500 obo. Call 734-8214 or 775-2219.

**'99 Ford F-150:** Trinitron, V8, auto, AM/FM stereo cassette, new tires, excellent condition, 70,000 miles, \$12,000. Call 775-3909.

**'91 Chevy Carprice:** Four-door sedan, maroon with grey interior, 126,000 miles, one owner, \$2,000. Call 298-0943.

**'94 Westport fifth wheel:** 34' dual slides, rear kitchen, one owner, \$19,500. Call 778-9207.

**'97 Chrysler sailboat:** 22' sailboat, sails, rigging, six horsepower Johnson outboard motor and battery included, \$1,900. Call 298-3196 or 765-4577.

**'00 Chevy S-10:** Extended-cab pickup, power windows, 60,000 miles, 4X4, third seat, limited, \$12,500. Call 298-1294.

**Tonneau cover:** Hard-top cover for flare side pick-up truck, \$150 obo. Call 298-7744.

### FREE Classified Ad Form

For one-time sale of personal property and pets by Laughlin employees and their family members. **Business ads are prohibited.** Home sales/rentals associated with a PCS move are authorized; however, owners must have the classified form signed by a member of the housing office staff prior to submission. Forms should be filled out completely, including a description of the item for sale (20 words or less), and dropped off at the Public Affairs office, Bldg. 338, or faxed to 298-5047. The deadline for submission is **4:30 p.m. Thursday**, one week prior to publication. **Ads will not be taken on the phone, through BITC mail or e-mail.** Ads will appear in the paper until they are rotated out due to new ads. If an ad rotates out before it is sold, a new ad must be submitted. Call the PA office at 298-5393 once your property has sold. For all other advertisements in the *Border Eagle*, call the Del Rio News Herald at 775-1551.

**For Sale/Wanted (circle one and describe):**

**Housing office coordination:**

Name

Home Phone

Duty Phone